TX 807
.R73
Copy 1

Sci RR
Desk

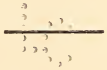
Mrs. Rorer's
Brand New Salads

Price, Twenty-five Cents

Mrs. Rorer's
Brand New Salads

By MRS. S. T. RORER

Author of Mrs. Rorer's New Cook Book, Philadelphia Cook Book, Canning and Preserving, and other Valuable Works on Cookery.



PHILADELPHIA
ARNOLD AND COMPANY
420 SANSOM STREET

TX807
.R73

Copyright, 1915, by Mrs. Sarah Tyson Rorer
All Rights Reserved

Printed at the Sign of the Ivy Leaf
in Sansom Street, Philadelphia
by George H Buchanan Company

©CLA398732

MAY -7 1915

BRAND NEW SALADS

The first group of Swiss Salads, as I choose to call them, are original as far as I know, and are intended to take the place of both a salad and a dessert; that is, they must not follow another salad.

Fruit salads are, as a rule, not æsthetic, no matter what else may be said of them. In Europe, a good combination of fruits, well sweetened and flavored with wine, is served as a dessert under the name of "fruit salad." In this country a fruit salad is usually made of oranges, mixed with perhaps cherries or pineapple, or still worse, bananas, and a mayonnaise dressing, garnished with nuts—a most nauseating combination. A thick oil dressing is not attractive with fruits. Grape fruit, with oil mixed with its juices, makes a most appetizing salad, but with it, real fruit salads end.

The beauty of the Swiss Salads is that they do not suggest fruits and grease.

Swiss Salad Dressing

Yolks of 3 eggs
½ cupful (1 gill) of strained honey
Juice of a lemon
½ teaspoonful of salt
1 saltspoonful of sweet paprika
½ pint of cream
4 tablespoonfuls of olive oil

Beat the yolks in a small saucepan until creamy. Bring the honey to a good boil, pour it into the yolks and beat them over the fire for one minute by time. Take from the fire and beat continuously until cool and thick. This should be a little thicker than mayonnaise. Add the oil, salt and paprika, beat again and stand in a cold place. At serving time, fold in the cream, whipped to a very stiff froth; add the lemon juice and use at once or it will separate.

The cream may be whipped and the dressing made hours before they are to be served, but must not be put together until serving time. Where the lemon juice is used over the fruit omit it from the salad

dressing. When cream is not to be had, use the whites of the eggs, beaten to a stiff froth; the dressing is not quite so soft, but very good.

This will serve six persons.

Swiss Apple Salad

Pare and dice two tart apples and squeeze over the juice of a lemon or two tablespoonfuls of good vinegar. Dish on nests of tender lettuce, cover with Swiss Salad Dressing and serve.

Swiss Cherry Salad

Stone the cherries carefully and place them on a sieve to drain; they should be moderately cold. Arrange on individual plates, in nests of tender white lettuce. At serving time put over Swiss Salad Dressing and send to the table.

Swiss Cherry Combination Salad

Several hours before the salad is to be used, mix an equal quantity of candied cherries with maraschino cherries; cover them well with the liquid from the bottle. A quarter of a pound of candied cherries, with a small bottle (one cupful) of maraschino, will serve six persons. At serving time, drain, dish on lettuce leaves, put over Swiss Salad Dressing and send to the table.

Swiss Damson Salad

Split a pint of damsons and remove the stones; put them to cool. Dish them on lettuce or tender cress, put over the Swiss Salad Dressing and serve.

Swiss Fig Salad

Fresh figs may be split, chilled, dished on hearts of lettuce and covered with Swiss Salad Dressing.

Dried figs must be soaked over night, stewed until tender, drained, cooled and cut into quarters.

Swiss Grape Salad

Use large white or Tokay grapes. Cut them into halves, remove the seeds and serve on lettuce the same as Cherry Salad.

Swiss Grape Fruit Salad

Remove all the white skin from the grape fruit. Allow one good sized fruit to each two persons. Take each carpel out carefully, without breaking, and put them to chill. Drain before serving, and do not add lemon juice to the dressing. Serve on lettuce leaves, with Swiss Salad Dressing put over at the last moment.

Swiss Orange Salad

Unless the oranges are large and sour they do not make an appetizing salad. Prepare the same as grape fruit.

Swiss Peach Salad

This is the best of all the Swiss salads, except Cherry.

Cut the skin around the stone, at both ends, of nice ripe peaches; then, with a knife or fork handle, push out the stones, keeping the peaches whole. Pare, and squeeze over lemon juice or wash them in vinegar to prevent discoloration. Serve one peach to each person. Stand them on tiny nests of lettuce leaves, pour over Swiss Salad Dressing, and use at once.

Swiss Peach Almond Salad

Prepare the peaches as directed in preceding recipe. Blanch a quarter of a pound of almonds; do not dry them, but chop rather fine. At serving time stand the peaches on the nests of lettuce or Romaine, fill the stone cavities with almonds and cover with Swiss Salad Dressing.

Swiss Pear Salad

Pare and dice the fruit; moisten it in lemon juice or vinegar to prevent discoloration. Dish on lettuce and serve the same as Swiss Apple Salad.

Use Kiefer, Bartlett or Seckle pears.

Japanese Persimmon Salad

Allow one fruit to each person. Open them at the stem end, and with a small fork remove the seeds. Chill the fruit. Chop two ounces of candied ginger and an equal quantity of blanched almonds. At serving time, stand the fruit on one nice, tender lettuce leaf, open it a little and put in a teaspoonful of the ginger mixture. Put over a spoonful of Swiss Salad Dressing and serve.

These are also nice stuffed with chopped maraschino cherries.

Swiss Pineapple Salad

Cut ripe or canned pineapple into cubes of a half inch; serve on lettuce with Swiss Salad Dressing.

Swiss Strawberry Salad

Use large sour berries; stem them carefully, using either a strawberry "nip" or a knife. Serve on the tiny heart leaves of lettuce, with Swiss Salad Dressing put over at the very last minute.

Swiss Watermelon Salad

Chill the melon and cut it into halves. One-half of a medium sized melon will serve six persons. Scoop out the flesh with a tablespoon, giving it a turn, so that each piece will be the shape of an egg. Put these on a dish and sprinkle over lemon juice, or, if you use it, sherry wine. At serving time, dish two pieces on nice lettuce leaves, and cover with Swiss Salad Dressing.

Fruit Combinations

That make good Swiss Salads

Halves of raw cranberries and apple.

Halves of raw cranberries and sweet orange.

Finely chopped raw cranberries in orange gelatin.

Strawberries and oranges.

Pineapple and cherries.

Cherries in orange gelatin.

Maraschino cherries and pineapple.

Maraschino cherries and white grapes.

Watermelon and cantaloupe.

MAYONNAISE AND ITS MODIFICATIONS

Plain Mayonnaise Dressing

Yolks of 3 eggs
½ pint of olive oil (one cupful)
1 tablespoonful of vinegar
½ teaspoonful of salt
2 drops of Tabasco, or a dash of cayenne

Have all the ingredients very cold. Put the yolks in a dry, cold bowl, add half the salt, and beat gently with a fork or wooden spoon. Add, almost drop by drop, the oil, beating and mixing all the while. When half the oil has been added, add half the vinegar; add the remaining half after all the oil has been worked in. The mayonnaise, if carefully made, will now be quite stiff. Add the remaining salt and cayenne, and it is ready for use.

This is enough for six persons.

For four persons use two-thirds of all ingredients. For two, use one yolk, a saltspoonful of salt, one-third cupful (about six tablespoonfuls) of oil, a teaspoonful of vinegar and a very little cayenne.

This may be made hours before it is needed. Cover and put it on the ice or in a cold place. A little whipped cream may be added at serving time in proportion of a half pint of cream to each half pint of oil. Do not add whipped cream if the mayonnaise is to be made into the following new dressings.

Hungarian Dressing

At serving time stir into good thick mayonnaise, three tablespoonfuls of chili sauce, one chopped Spanish sweet red pepper and a tablespoonful of very *finely* chopped green pepper.

Russian Dressing

Rub one teaspoonful of anchvoy paste with one tablespoonful of mayonnaise, then add it to the whole quantity of Plain Mayonnaise Dressing. Then stir in three tablespoonfuls of chili sauce, one red Spanish sweet pepper cut into tiny pieces,

and two tablespoonfuls of *finely* chopped sweet green pepper. Some cooks add, also, a chopped, cold hard-boiled egg.

Norwegian Dressing

Skin four sardines and remove the bones; rub or pound them to a paste, adding two tablespoonfuls of mayonnaise and a teaspoonful of anchovy paste. Work this into the whole quantity of Plain Mayonnaise Dressing. Add two tablespoonfuls of chili sauce, four tablespoonfuls of *finely* chopped green pepper and a teaspoonful of grated onion.

Mayonnaise à la Rorer

Peel a small solid tomato without scalding; cut it into halves and press out the seeds. Chop the flesh rather fine and drain it on a sieve. Rub one ounce of Roquefort cheese and a teaspoonful of anchovy paste with two tablespoonfuls of mayonnaise; add this, and two tablespoonfuls each of chili sauce, red and green pepper chopped very fine, and the tomato, to

the whole recipe for Plain Mayonnaise Dressing. Use on hearts of lettuce, on French endive or Romaine.

Green Mayonnaise

Chop to a powder sufficient parsley to make two tablespoonfuls, and enough cress leaves to make double the quantity. Rub these with one tablespoonful of pure grain alcohol and add them to the whole quantity of Plain Mayonnaise Dressing.

Tartar à la Milanaise

Chop fine one gherkin, three olives, and enough parsley and green pepper to make a tablespoonful; add to them one red Spanish sweet pepper and the white of one hard-boiled egg, chopped fine. Mix this with the whole quantity of Plain Mayonnaise Dressing, and then stir in a tablespoonful of capers.

Serve with cold boiled calf's head, broiled tenderloin of beef, broiled or fried fish, or deviled crabs, or lobster cutlets.

Plain French Dressing

Put a half teaspoonful of salt into a bowl, add a teaspoonful of ice water or a piece of ice. Stir until the salt is dissolved, add a half teaspoonful of paprika, or a dash of black pepper, and six tablespoonfuls of olive oil. Beat a minute, remove the ice and stir in two tablespoonfuls of vinegar. Beat again and use at once.

Apple and Celery Salad

Pare and dice four nice tart apples and squeeze over the juice of one lemon. Cut tender white celery into the same sized pieces, and at serving time mix them. Season with a half teaspoonful of salt and a saltspoonful of white pepper to each pint of the mixture, and then stir in one-half of the Green Mayonnaise (page 15). Dish on nests of crisp lettuce, put over more Green Mayonnaise and serve.

Chicken and Sweetbread

Singe and draw a nice year-old chicken; wash it quickly, put it in a kettle and cover with boiling water. Boil five minutes and then simmer for three-quarters of an hour. Add a pair of sweetbreads, one onion, a bay leaf and a saltspoonful of celery seed. Simmer a half hour longer. Remove the chicken and sweetbreads and cool them quickly; when cold cut them into cubes of an inch. Rub a bowl with garlic, put in the meat, pour over two tablespoonfuls of tarragon vinegar, and dust with a teaspoonful of salt. Stir in one-half of the Hungarian Dressing (page 13). Dish on a bed of lettuce, put over the remaining dressing and serve. An elegant summer salad.

Chestnuts and Celery

Shell and blanch a pint of chestnuts. Cover them with boiling water, add a teaspoonful of salt, and simmer until they are tender but whole. Drain and chill. At serving time mix them with an equal quan-

tity of cut tender celery, season with salt, and mix with them half the quantity of Russian Dressing (page 13). Dish on lettuce, put over the remaining dressing and serve.

Orange Jelly Salad

Put one and a half tablespoonfuls of granulated gelatin in a half cupful of cold water to soak fifteen minutes. Add a half cupful of sugar and a half cupful of boiling water; stir over a moderate fire until the gelatin is dissolved. Take from the fire, add one cupful of orange juice and pulp, and the juice of a lemon; turn into after-dinner coffee cups or small molds to stiffen. Serve on lettuce leaves with Plain Mayonnaise Dressing, to which has been added whipped cream.

Cherry Jelly Salad

Cover one cupful of stoned cherries with one cupful of water and stew carefully for five minutes; press through a

sieve. Add one tablespoonful of granulated gelatin and soak for ten minutes; then add the juice of a lemon, a half cupful of sugar and a cupful of boiling water. Stir over the fire until boiling, and turn into small molds to stiffen. Serve with Plain Mayonnaise Dressing, with or without whipped cream.

Tomato Jelly

Put one tablespoonful of granulated gelatin in a half cupful of cold water to soak. Boil together for five minutes one pint (a half can) of tomatoes with a slice of onion, a saltspoonful of celery seed, a teaspoonful of salt, a saltspoonful of pepper, and one clove. Add the gelatin and stir over the fire just a moment. Take from the fire, strain into small molds and put away to stiffen. Serve on lettuce leaves with Plain Mayonnaise or Norwegian Dressing.

Good Combinations

Lettuce hearts, or plain lettuce, endive or Romaine, with Russian or Hungarian Dressing.

Tomatoes,

Plain or stuffed with cress, with Plain Mayonnaise Dressing.

Stuffed with boiled salmon or lobster, Russian Dressing.

Stuffed with chopped cucumbers, French Dressing.

Sweetbreads and boiled chestnuts on lettuce, Plain Mayonnaise or Hungarian Dressing.

Apples alone or with celery, Plain or Green Mayonnaise, or French Dressing.

Cantaloupe with French Dressing.

My favorite combination is chopped olives and Indian relish mixed with tomato jelly, molded and served on lettuce, with French Dressing. A few pinõn nuts are an improvement.

LIBRARY OF CONGRESS
0 014 635 033 1